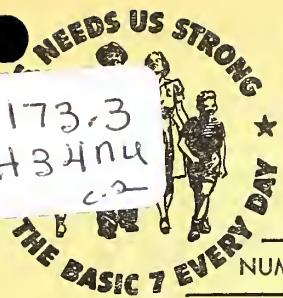


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NUTRITION

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NUTRITION IN SCHOOL PROGRAMS

The schools of our country share in the responsibility of helping children and youth attain and maintain physical, mental, and emotional health, Dr. H. F. Kilander of the Office of Education told the Interagency Committee on Nutrition Education and School Lunch at its February meeting. Administrators, teachers, and others concerned with education recognize (1) that there is a close relationship between nutrition and personal well-being, and (2) that undernourished or malnourished children can neither attain health nor profit from their school experiences to the same degree that they could if they were well-nourished. Because of this recognition those responsible, he said, there is a growing tendency to include nutrition education in school programs.

Educators agree that children and youth are more likely to make good food choices and eat balanced meals when—

. . . Teachers understand and like boys and girls and are interested in their growth and development.

. . . Teachers continually appraise the health status of children through observation and other methods.

. . . Instruction is based on pupils as they are, where they are.

. . . There is school-home-community planning.

. . . Parents become familiar with the sound principles of nutrition and they, as well as their children, follow good practices.

. . . A variety of good food is available within the means of the family.

All boys and girls want to be in good physical condition; to have pleasing personalities and be well-liked; and to succeed in everything they do. When they understand that the food they eat influences what they are like, they are motivated to eat balanced, nourishing meals.

Effective nutrition education does not stop with helping boys and girls learn what to eat. It includes food values; how the body uses food; the relationship of mental, emotional, and physical well-being to food intake; some of the rules, regulations, and laws which affect food production, storage, and sale; ways of preparing foods to best advantage; and information on buying.

In elementary schools, classroom teachers, with the help of specialists and other resource people, are responsible for the entire school program, including nutrition and health education. At the junior and senior high school levels, home economics teachers cover nutrition education for many girls and some boys. A large percentage of high schools are now offering courses in health education which include nutrition. Such nutrition instruction is in addition to that in home economics, biology, general science, and other courses. When all teachers concerned with nutrition education plan together, courses supplement one another and undesirable duplication is avoided.

Nutrition education will be strengthened as the school and home work together to give children opportunities to follow desirable practices and build good habits. In many communities there are agencies, organizations, and committees outside the school interested in nutrition education. Through co-operation, each group finds its place and the efforts of all are coordinated.

May First—Child Health Day

The Children's Bureau is recommending that emotional health of children be emphasized on Child Health Day this year. Findings of the Midcentury White House Conference will provide many ideas for programs.

NUTRITION COMMITTEES AND TEACHER TRAINING

As teachers become more interested in nutrition education, they find they need more facts and seek information. Nutrition committees have helped to meet this need by arranging institutes, workshops, and courses, and by contributing to training programs sponsored by individual agencies. For example—

The Illinois Nutrition Committee holds conferences twice a year and a workshop once a year to give teachers and others an opportunity to become up-to-date on recent developments in nutrition, teaching techniques, and methods for reaching the public.

Popular at all Illinois conferences is Dr. Janice Smith's review of recent research and its implications, Chairman Gertrude Austin writes. The usual registration fee for these 1-day conferences pays travel expenses for some of the speakers.

The 1-week workshops sponsored by the Committee and held in June 1949 and 1950 were run in cooperation with the University of Illinois, the expenses being defrayed chiefly by the University. Each organization on the Committee is invited to send a representative. Nutritionists and representatives of adult groups share experiences and help one another while working out solutions to common problems.

The Chicago Nutrition Association holds a meeting each year for elementary and secondary school teachers of home economics, general science, physical education, and household arts. Last year Miss Illa Podendorf, University of Chicago, discussed Nutrition at the Elementary Level. Dr. N. E. Bingham, Northwestern University, speaking on Nutrition as Part of General Science at the Secondary Level said that "students at this age appreciate the relationship between nutrition and their health and achievements."

Suitable films and illustrative materials were discussed and the bibliography of nutrition materials for elementary teachers prepared by the Schools Committee of the Chicago Nutrition Association was distributed. Members of the committee were available for conferences on teaching nutrition,

reports Mrs. Faye W. Grant, chairman of the Schools Committee.

The twelfth annual New York State Nutrition Institute, sponsored by the New York State Nutrition Committee in cooperation with the School of Nutrition and the New York State College of Home Economics at Cornell University, was held last summer for persons in charge of nutrition education programs. The program included talks on medical problems having special nutritional implications, interpretation and use of data from nutritional status and food consumption surveys, nutrition after forty, psychological aspects of nutrition, and the community's responsibility for better nutrition.

The Food and Nutrition Division of the Health Council of Greater New York sponsored Alertness Credit Courses for teachers in four boroughs last fall. The Board of Education appointed a homemaking teacher to coordinate the work in each borough.

At a meeting of the Georgia Nutrition Council the cooperative nutrition program in Franklin County was described. This program coordinates the efforts of school lunch personnel, elementary, homemaking, and veteran-training teachers, and the county Health Council. It is an outgrowth of last summer's nutrition workshop for elementary and high school teachers at the University of Georgia.

Other ways nutrition committees have furthered nutrition teaching have been described in previous issues of the Nutrition News Letter. In general, committees have—

- . . Arranged after-school credit courses for teachers.

- . . Cooperated with universities or colleges in planning and conducting nutrition education or school lunch workshops.

- . . Encouraged colleges and teacher-training institutions to give courses in nutrition for all student teachers.

- . . Prepared publications for use in teaching, distributed nutrition education materials, and compiled lists of appropriate films and other materials.

- . . Served as consultants to boards of education or to teacher groups.

NUTRITION ACTIVITIES IN AN ELEMENTARY SCHOOL

Under the program arranged by the Health Council of the Moore Avenue Elementary School in Savannah, Georgia, the children—planted a small garden . . . made salads of green and yellow vegetables and fruit cups of citrus fruits since a survey had indicated that both vegetables and citrus fruit were low in the children's diets . . . planned good lunches which were later served in the lunchroom . . . made up songs and dances about health . . . broadcast over the radio a play they had written to tell what they had been studying during the year.

Pupils representing grades 1 to 6, their teachers, principal, doctor, dentist, nurses, lunchroom workers, sanitarian, consultants, parents, firemen, and policemen are members of the Health Council.

This is one example of coordinating activities of the school lunchroom into total school and community programs from a compilation prepared by the Nutrition Education Committee of the School Food Service Association. Dr. Daisy I.

Purdy, Head of the Department of Household Science, Oklahoma A & M College, Stillwater, Okla., is chairman of the Association's committee.

SCHOOL LUNCH IN EDUCATIONAL PROGRAMS

School lunch as an integral part of the general education program is emphasized at school lunch institutes in Washington colleges and public schools, according to Dr. Velma Phillips, chairman of the Washington State Nutrition Committee.

Regular workshops for training school lunch cooks are sponsored by Washington school administrators, with the assistance in some counties of the State Department of Public Instruction, Public Health Service, Extension Service, Home Economics Association, and Dietetics Association.

Lunchroom supervisors in some schools, invited to take part in general education workshops for all teachers, also develop educational materials for elementary grades as part of the health program.

Educational materials geared to each age level are being planned by the com-

munity education section of the Washington Dietetic Association.

Health Education for parents is given by PTA's to increase support for, and create better understanding of, the school lunch program throughout the community.

SCHOOL FOOD SERVICE MEETING

School lunch programs can be improved by closer cooperation with PTA's, Ruth Powell, Arkansas State School Lunch Supervisor, told school lunch directors and supervisors at the School Food Service Association's convention last November. Each local PTA should have a school lunch committee to work with the school lunch manager and supervisor and to interpret the program to parents in the community. It is also advantageous for the State School Lunch Supervisor to participate in the State PTA, she said.

Dr. Robert W. MacVicar of Oklahoma A & M College re-emphasized the special need for protein, calcium, and ascorbic acid that children have during rapid growth periods.

The chronically tired child may recover his nutritional status but research shows that nutritional damage in children may be reflected in adult life, Dr. Ercel S. Eppright of Iowa State College said.

A summary of the Association's convention at Kansas City last November is contained in the January issue of School Food Service News, which is available for 10 cents from Miss Mary Farnham, Board of Education, 1749 Lee Road, Cleveland Heights 18, Ohio.

CANADIAN GROUP STRESSES CHILD NUTRITION

In a progress report for 1949-50, the Interdepartmental Nutrition Committee of the Province of Ontario, Canada, describes how it coordinates nutrition education programs while focusing its attention on child nutrition.

To supply organizations concerned with nutrition of children with simple, definite, basic information on nutrition the Committee prepared six monthly bulletins. The demand for the bulletins was so great the Committee incorporated them into a booklet "Good Food for Every

(Continued on page 4)

NEW MATERIALS

Available From Division of Publications,
State Department of Education,
Raleigh, N. C.

Food Service in North Carolina. 105 pp., illus. 1950. 75 cents.

Available from The National Research
Council, 2101 Constitution Ave.,
Washington 25, D. C.

Flour and Bread Enrichment, 1949-50. Committee on Cereals, Food and Nutrition Board. 16 pp. 1950. Free.

The Problem of Heat Injury to Dietary Protein. Committee on Protein Foods, Food and Nutrition Board. Reprint 131. 19 pp. 1950. 50 cents.

Available from International Documents
Service, Columbia University Press,
2960 Broadway, New York 27, N. Y.

Teaching Better Nutrition, A Study of Approaches and Techniques. Jean A. S. Ritchie. FAO Nutritional Studies No. 6. 148 pp., illus. 1950. \$1.50.

Available from the Information Branch,
Production and Marketing Administration,
USDA, Washington 25, D. C.

Sanitary Milk and Ice Cream Legislation in the United States. National

Research Council, Committee on Milk Production, Distribution, and Quality. The study was made under supervision of PMA under a contract between USDA and the National Academy of Sciences with funds provided under the Research and Marketing Act of 1946. 59 pp. 1950. Free.

Available from Bureau of Human Nutrition
and Home Economics, USDA, Washington 25,
D. C.

Seasonal Patterns of Food Consumption—City Families 1948. Based on Food Consumption Surveys 1948-49. Special Report 3. 16 pp. 1951. (Processed.)

Available from Extension Service, USDA,
Washington 25, D. C.

What Research Shows About Group Discussion Leading to Group Decision. Gladys Gallup. 14 pp., illus. 1950. (Processed.)

Getting More People to Follow Better Nutrition. Gladys Gallup. 7 pp. 1950. (Mimeographed.)

SUMMER WORKSHOPS

The Institute in Community Nutrition will be held again at Syracuse University, June 18-30. For information write Dr. Anne Bourquin, College of Home Economics, Syracuse University, Syracuse 10, N. Y.

June 12-14 are the dates for the 13th Annual Nutrition Institute at Cornell University sponsored by the New York State Nutrition Committee. Write Miss Frances Scudder, New York State College of Home Economics, Cornell University, Ithaca, N. Y., for information.

As we hear of other institutes and workshops, we shall list them in the NNL.

State Departments of Education usually have information about school lunch and health education workshops to be held in their States.

AMERICAN NATIONAL RED CROSS APPOINTMENTS

Miss Jane Griswold, formerly dietitian in Massachusetts General and Springfield (Mass.) Hospitals, and Mrs. Ellen C. Ruthman, transferred from ARC's Pacific Area, have become assistant directors, Food and Nutrition Service, in the National Office.

Canadian Group Stresses Child Nutrition—Cont.

Child." Copies have been sent to more than 40,000 professional people in educational, health, and welfare fields.

The Committee, made up of representatives of the Departments of Agriculture, Education, Health, and Public Welfare, has ample evidence of increased interest in nutrition among those who influence children's food consumption.

The report was published in the Canadian Journal of Public Health, vol. 41, pp. 503-507, December 1950.